

2001 California Dietary Practices Survey

Table 25: Number of Meals Eaten Out Compared to Fruit and Vegetable Consumption

Question: Yesterday, how many of your meals or snacks were from a restaurant or cafeteria, either eaten there or carried out?

Did you have any fruit, vegetables, salad, or juice at your meal yesterday?

	Percent Eating Meals Out ¹			Mean Servings of Fruits and Vegetables of those Eating at least 1 meal out ²
	0	1	2+	
Total	59	30	11	3.6
Sex				
Males	54	33	14 ***	3.4
Females	64	28	8	3.9
Males				
18 - 24	59	24	17 ***	3.3
25 - 34	42	40	17	3.3
35 - 50	51	35	14	3.6
51 - 64	59	33	8	3.5
65+	70	22	8	3.2
Females				
18 - 24	63	28	9 **	3.4
25 - 34	56	32	12	3.5
35 - 50	61	30	9	3.9
51 - 64	66	28	7	4.4
65+	78	20	3	4.5
Ethnicity				
White	56	32	12 *	3.8
Hispanic	68	24	8	3.5
Black	54	33	13	3.1
Asian/ Pacific Islander	52	32	16	3.3
Education				
Less than high school	78	17	5 ***	3.4
High school graduate	62	29	9	3.6
Some college	55	35	10	3.3
College graduate	52	32	16	4.0
Income				
Less than \$15,000	73	20	7 ***	3.7
\$15,000 - 24,999	61	30	9	3.6
\$25,000 - 34,999	64	25	10	3.8
\$35,000 - 49,999	55	30	15	3.7
\$50,000+	45	40	15	3.7
Physically Activity				
Did not meet recommendations	59	30	11	3.3 **
Met recommendations	59	31	10	4.1
Overweight Status				
Overweight/Obese	58	30	12	3.6
Not overweight	59	31	10	3.7

¹A box around a group of numbers signifies that differences observed within this group are statistically significant (Chi Square Test).

²A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA).

* p<.05

** p<.01

*** p<.001